





30th Street Senior Center September 2024

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Closed for Labor Day	Herb Glazed Beef Roast Garlic Whipped Potatoes Brussels Sprouts Whole Wheat Bread Fresh Banana Milk Margarine	Tilapia Fish Vera Cruz Spinach Black Bean Soup Brown Rice Fresh Orange Milk	Pork Stir Fry Green Peas w/ Red Peppers Carrot Cucumber Salad Cilantro Brown Rice Fresh Apple Milk	Oven Fried Chicken Parmesan Potatoes Broccoli Tossed Salad Whole Wheat Roll Fresh Orange Milk Margarine Italian Salad Dressing
9	10	11	12	13
Sesame Ginger Pork Broccoli Carrot Soup Whole Grain Garlic Noodles Fresh Pear Milk	Braised Beef w/ Mushrooms Mixed Vegetable Blend Spinach Salad Whole Grain Noodles Fresh Orange Milk Italian Salad Dressing	Tomatillo Chicken Thigh Pinto Beans Corn Chowder Soup Brown Rice Fresh Orange Milk	Tilapia Fish w/ Lemon Herb Sauce Whipped Potatoes Capri Vegetable Blend Whole Wheat Roll Fresh Banana Milk Margarine	Latin Heritage Holiday Meal Chicken Mole Whole Wheat Tortilla Pinto Beans Mexican Corn Fresh Orange Mexican Chocolate Pudding Milk
16	17	18	19	20
Ginger Pepper Beef Carrots Lentil Soup Whole Grain Garlic Noodles Fresh Orange Milk	Tilapia Fish w/ Dill Sauce Green Beans w/ Red Peppers Brown Rice Pilaf Fresh Pear Milk	Turkey Patty w/ Gravy Mashed Potatoes Mixed Vegetable Blend Barley Vegetable Soup Multi Grain Bread Fresh Apple Milk Margarine	Lemongrass Pork California Vegetable Blend Tossed Salad Brown Rice Fresh Banana Milk Italian Salad Dressing	Vegetarian Hawaiian Garden Meatballs Japanese Vegetable Blend Brown Rice Pineapple Tidbits Milk
23	24	25	26	27
Cilantro Lime Tilapia Fish Corn w/ Bell Peppers California Vegetable Soup Brown Rice Fresh Pear Milk	Vegetarian Southwest Spicy Pasta Green Beans w/ Bell Peppers Mixed Vegetable Blend (Whole Grain Pasta in entrée) Fresh Apple Milk	Chicken Fried Brown Rice Whole Kernel Corn Kale Soup (Brown Rice in entrée) Fresh Orange Milk	Beef Ropa Vieja Peas and Carrots Cilantro Brown Rice Tropical Fruit Milk	Chicken Supreme California Vegetable Blend Tossed Salad w/ Dressing Whole Grain Rotini Pasta Fresh Orange Milk
30	 <p>SAN FRANCISCO HUMAN SERVICES AGENCY Department of Disability and Aging Services</p>			 <p>TRIO Community Meals an elior company</p>
Moroccan Lemon Chicken Green Beans Lentil & Garbanzo Bean Soup Brown Rice Pilaf Fresh Orange Milk				